

# 3rd Term P.E. Class

## SECRET TEST QUESTION ( For Test #1)

**Congratulations!!!! You Have Discovered The Secret Test Questions For TEST #1**

**Please Ask Ms. Salter or Mr. Malik If You Have Any Questions About The Upcoming Test. GOOD LUCK!**

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
2. Please list **10 games** that we have played in **P.E. class so far?**
3. Please **explain** what **Adduction** is?
4. Please **explain** what **Abduction** is?
5. **Explain** where you **Lattismus Doris** is located?
6. When you are **doing push-ups** – **please explain** what muscles are in **Adduction** and **Abduction?**
7. **Please list 5 muscles** that are located in **your upper body?**
8. **PLEASE explain the [4] proper techniques** that are required to properly complete a **Hurdle Jump?**
9. **PLEASE explain the [4] proper techniques** that are required to properly complete a **High Jump?**
10. **List 4 ways** you can earn extra credit in p.e?
11. **When the whistle blown TWICE --- you must?**
12. **Name the muscle** that you **sit-on?**
13. List all the student's first names in OUR P.E. class. (**Spelling does not count...yet**).